

Communion Bread

2 cups whole wheat flour
1 cup white flour
1/4 tsp. baking powder
1/4 tsp. salt
4 tsp. oil
3/4 cup + 2 TBSP very hot water
3 TBSP honey
3TBSP molasses

- Sift dry ingredients together three times.
- Cut in the oil.
- Mix water and sweeteners together, and add to the dry ingredients and mix well (but don't over mix or the bread will get tough).
- Dough will be sticky.
- Divide into fourths. Roll each ball of dough into a 1/4" thick circle (I pat it out by hand, rather than using a rolling pin).
- Mark with a cross with a sharp knife.
- Bake at 350 degrees for 10 minutes.
- Remove and brush lightly with oil.
- Bake an additional 5-8 minutes.
- Let cool. Can be frozen.

Yield: about four 8 ounce loaves; each loaf will serve approximately 40 people (depending on the size of the piece).